

CAP Worksheet: Discovering My Future; Worksheet & Artist Info

Name _____

Title _____ Medium _____ Size _____

1. Who Am I? (What are some of my good personality traits?)

Example: I am curious. I am funny. I am strong.

2. What do I like to do?

Example: I like to swim. I like to play outside. I like to collect shells.

3. What am I good at? Example:

Example: I am good at diving. I can make seashell jewelry. Bodyboarding.

4. When or where do I feel the happiest?

Example: At the beach. With my best friend. Under water.

5. How am I unique, special or different? Example:

I can hold my breath underwater for a long time! I do beach clean-ups with my mom.

6. How can I apply the answers above to paint what my future might look like?

Example: Mermaid at a waterpark, The feelings I get from the beach, scenes or things I love from a beach.
